



September 2022 Graduate Program Lesson

Exploring Lesson Three – The absence of a personal self means the presence of the Infinite Self

Introduction

For this month we will be studying the deeper implications of not finding a separate, personal self when we look for it directly. In lesson 3 of the “Dissolving the ego” course we look directly for the presence of a separate self, rather than relying on assuming or thinking it to be there. When we look directly we can see there is no actual person, separate being or separate energy that is ourselves. We find the separate person to be totally absent.

(If you need help with seeing this clearly through direct self-inquiry, please ask me for help and/or your GP buddy. Please do not feel you cannot ask me for help here. It was confusing to me at first and I thought I COULD find a separate self when I first looked.)

Once we have established that what we are is not a separate being, isolated and alone in the universe it can take some time to come to terms with that fully. Often our whole orientation of our life has been to get, become or achieve what this separate self we imagined we were wanted or needed. For a while it can be shocking or even scary to contemplate that our life has been oriented around a separate person who does not exist! You are not alone in that shock as I remember feeling it too. Be gentle with yourself where you can and see if you can understand why resistance occurs to seeing this and deepening.

What does it mean if we don't exist as a separate being?

The understanding that there is no separate being can bring about a great relief, a lightness and a sense of freedom but that can mean we don't look deeper into what we actually DO find when we look for ourselves.

If we do not exist as a separate self then what are we? What DO we find when we look? We find a body, possibly emotions, thoughts, sense perception going on and a sense of experiencing. If there nobody experiencing or no “experiencer” then who or what is having this experience?

Looking deeper again we can find this body and mind and even the experience happening are occurring inside a greater space of being and we can begin to investigate that.

Effortless, stable peace can only come from finding this greater space of Being and seeing that we ARE That Being. This Being is endless, infinite and has always been here.

The point of this month’s study is not to stop halfway at seeing there is no separate self. Let us look again at what IS here and find peace. Let us develop a stronger desire to see ourselves as already the Infinite Being.

Exercises for this month

Look again and again at what you really are and what you DO find when you look for yourself. Question any sense that this formless space of Being/Awareness/Consciousness/Silence is limited.

Look and see if you can find anyone/a separate self looking at the formless space of Being. Question how you are recognising this real Self. Is there a “you” and “It”?

Question how far this real You goes on for. Is it always here? Does it come and go? Is it changing?

Try to be gentler with yourself that these things were not clear to an enlightened being either at first. They have been through this same process and doubts that you may be feeling now about self-inquiry and your ability to do it.

Finally, develop a greater resolve that nothing can stop you seeing the Truth fully. It is inevitable no matter what our mind says. You are the Infinite Self already and when it wants to wake up nothing can stop it.

Remember you are loved 😊